

**GALLATIN CITY-COUNTY HEALTH DEPARTMENT
GROWTH & DEVELOPMENT**



6 to 9 Months

WHAT TO EXPECT	HOW YOU CAN HELP
MOTOR	MOTOR
<ul style="list-style-type: none"> · Sits without support · Stands holding on to something or someone · May creep and/or crawl (not all babies will crawl) · Can pass a cube or other object from one hand to the other · Can “rake” a small object and pick it up with fist · Looks for a dropped object · Works to get a toy that is out of reach 	<ul style="list-style-type: none"> · Help baby sit up alone. · Provide safe area for baby to practice moving around. · Provide objects such as blocks, cups, finger foods (Cheerios) & other safe objects to explore. · Provide containers to place objects in & pour out.
LANGUAGE & BEHAVIOR	LANGUAGE & BEHAVIOR
<ul style="list-style-type: none"> · Babbles · Combines syllables such as “baba”, “mama” · Says “mama” & “dada” randomly · Likes to play peek-a-boo · Beginning to understand simple words · May become wary of strangers 	<ul style="list-style-type: none"> · Talk & sing to your baby during feedings, bathing & play time. · Use sounds baby can imitate such as lip smacking or animal sounds. · Play interactive games such as peek-a-boo & pat-a-cake. · Read to your child every day. · Praise your child with a hug or kiss. · Allow child to be clingy when around strangers.
SLEEP	SLEEP
<ul style="list-style-type: none"> · Typically sleeps about 14 hours in a 24 hour period, 10-11 hours at night and two naps 	<ul style="list-style-type: none"> · Provide consistent bed & nap time routine · Make bed & nap time pleasant · Baby may want to take familiar object or blanket to bed
FEEDING & GROWTH	
<p>Breast milk or formula is main source of nutrition. Continue to breast feed or use iron-fortified formula. Bottles are used for expressed breast milk, water, or formula only. Offer juice in a cup. (No soda, or Kool-Aid). Introduce solid foods by 6 months. Bring baby's high chair to table to include him in family meals. Help baby avoid ear infections and tooth decay by never giving her a bottle when lying down.</p>	
IMMUNIZATIONS	
<p>By the end of 9 months your baby should have received: 3 Diphtheria, Tetanus, & Pertussis (DtaP), 2 Polio (IPV) 3 Haemophilus (Hib) and 3 Hepatitis B (Hep B)</p>	

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SAFETY
<ul style="list-style-type: none">· Use a correctly installed car safety seat <u>every time</u> baby rides in a car.· Keep soft pillows, plastic bags and small objects away from your baby (an object is too small if it fits through a cardboard toilet paper roll).· NEVER shake your baby.· NEVER leave your baby unattended around pets, young children or water.· Protect your baby from the sun by always applying a sunscreen with at least an SPF of 15.· Make sure both you & your child care provider are instructed in infant/child CPR.· Keep your baby's environment free from tobacco smoke or other smoke.· Hot water tank temperature should be set at 120° to avoid accidental burns.· Babies like bath water at body temperature. Test the water temperature with your wrist.· Protect from falls, keep crib sides up and your hand on your baby at all times while she is on a high surface.

Date: _____

Next Visit: _____

Notes: